

July 2019	Forsyth Senior Center	subject to change	346-2878	Please call by 9:30
Monday	Tuesday	Wednesday	Thursday	Friday
1 Polish Dogs Sauerkraut Potatoes Green Salad Watermelon	2 BBQ Pork on Bun Coleslaw Fruited Jell-O Cake	3 Rice Soup Ham Salad Sandwiches Fruit Salad Cookies	4 Closed	5 Goulash Coleslaw Carrots Pears
8 Chicken & Noodles Sweet Potatoes Tossed Salad Peach Crisp	9 Sausage & Gravy Biscuits Peas/Carrots Apple Slices	10 Potato Soup Deli Wraps Pears Chocolate Cake	11 Ham Quiche Tossed Salad Muffins Fresh Fruit	12 Meatballs & Gravy Mashed Potatoes Mixed Vegetables Green Salad Apricots
15 Salisbury Steak Flavored Noodles Green Salad Fruit Pudding Pie	16 Baked Chicken Mashed Potatoes & Gravy Peas Fruit, Jell-O	17 Chicken Salad Sandwiches Split Pea Soup Macaroni Salad Fruit, Chocolate Cake	18 Cook's Choice	19 Ham Baked Potatoes Corn, Coleslaw Fruit Apple Crisp
22 Pork Fritters Mashed Potatoes Mixed Vegetables Apple Slices	23 Taco Tuesday!	24 Tomato Soup Ham Sandwiches Relish Tray Pineapple Cake	25 Baked Cod Macaroni Salad Broccoli Normandy Fruit	26 Spaghetti Green Beans Coleslaw Fruit
29 Chicken Salad Vegetable Salad Fruit Salad Bars	30 Breakfast Casserole Tossed Salad Muffins Fresh Fruit	31 Baked Beans Polish Dogs Green Salad Fresh Fruit	Aug 1 Smothered Pork Chops Mashed Potatoes Green Salad, Carrots Applesauce Bars, Fruit	2 Porcupine Meatballs Potatoes Mixed Vegetables Fruit

SUGGESTED DONATION \$4.00

PRICE \$7.00)

**All Meals served with water, coffee, tea, (NON SENIORS
juice, 2% milk**